

Pine Lake TrueNews

November 2008

FOCUS ON: Sparring

The FOCUS ON: program provides an area of emphasis to generate attention and excitement on a different aspect of martial arts training each month.

Promotions and special events to celebrate Sparring month:

Pro Shop Special

Sparring Gear is 10% off this month.

Increased emphasis

We will be teaching and practicing Sparring in November classes more than usual.

Black Belt Club Sparring Seminar

WHO: Members of the Black Belt Club **WHERE:** Pine Lake TMA **COST:** Free

WHEN: Friday, November 14th 5:30-7:00 PM

WHAT: Sparring seminar to help you improve/get ready for the sparring tournament.

16th Annual TMA Sparring Tournament

WHERE: Pine Lake TMA

COST: \$20 registration fee **WHEN:** Saturday, November 15th

10:00 AM for White, Adv. White, Yellow, Adv. Yellow, Green, and Adv. Green Belts.

11:30 AM for Blue Belts and above.

WHAT: Sparring Tournaments promote improved sparring ability, good sportsmanship and friendly, fair competition. Tournaments are an important part of martial arts tradition. Many students will be competing in their first martial arts tournament! The rules will be explained and each match will be supervised by Instructors and Senior Instructors.

More About Sparring on Page 3: The Five Fighting Styles

Thanksgiving Schedule Notes

True Martial Arts will be closed for regular classes on Thanksgiving Day.

Join us Thanksgiving day for our annual Turkey Trot Cardio Kickboxing class from 9:00-10:30 AM. Come get a great workout in and then go enjoy your great Thanksgiving feast without the guilt!

Attendance Policies

Students should attend class twice a week.

If a class is missed, the student should attend a makeup class. This helps to form the understanding of discipline, consistency, and responsibility as well as ensuring that students are making progress towards their martial arts goals.

Students should inform the school in advance if they will be absent from their training for a week or more.

If it is necessary to be absent, inform the front desk in person, call 313-9680, or e-mail truemart@truemartialarts.com. This helps to form the understanding of responsibility.

Students or parents should talk to the school if they are having difficulty attending class.

There are many obstacles that can occur that can keep someone from training such as injuries and other activities. Communicate with your instructor or the front desk if one of these obstacles arises. In addition to teaching martial arts, we are here to help you along with your training and the achievement of your martial arts goals.

Students should inform the school if they are leaving.

We don't like to see anyone leave, but after you have talked to us and all alternative options have been explored, sometimes it is the right thing. It is respectful to inform the school if you decide to leave. It is very likely that several instructors and staff members have put effort and caring towards you and your training. Because of this, it is important to leave in an honorable way. Say goodbye and express gratitude to those that have taken the time to teach you. Students that don't learn how to leave with honor often have only learned that it is okay to quit.



November Events

Saturday, November 1st

Arnis Seminar and Test

10:00 AM Beginner-Arnis Blue

1 PM Arnis Brown and higher

No Saturday Makeup Class

Sunday, November 2nd

Black Belt Club Workout

11:30 AM-1:00 PM

Sunday, November 9th

Black Belt Club Workout

11:30 AM-1:00 PM

Friday, November 14th

Black Belt Club Seminar

Sparring 5:30-7:00 PM

Saturday, November 15th

Sparring Tournament

10AM: White-Adv. Green Belt

11:30AM: Blue Belt & Higher

No Saturday Makeup Class

Sunday, November 16th

Black Belt Club Workout

11:30 AM-1:00 PM

Friday, November 21st

Private Black Belt Testing

No Friday Makeup Class

Saturday, November 22nd

TKD Test for those testing for Blue Belt & lower 4:00 PM

TKD Test for those testing for Advanced Blue Belt & higher 6:00 PM

Thursday, November 27th

Turkey Trot Kickboxing Class

8:00-9:30 AM

TMA Closed Regular Classes

Bad Weather Closures

If we have snow or power outages, TMA follows the public school schedule. If school is canceled, TMA will be closed. If we get snow or power outages later in the day or if you are unclear, call the school for the latest update. **425-313-9680**
www.truemartialarts.com



Students of the Month

Name: Alex Ballata **Age:** 10 years old
TKD rank: Advanced Brown **Arnis rank:** Brown
How long have you been training at TMA: 6 years
Favorite Martial Arts move(s): Reverse low knife hand guard, Push front kick, Roundhouse kick, Reverse Punch Attack
Favorite thing about Martial Arts: Form because I love learning new forms and every rank I get to learn a new one, it is also very fun for me.
Favorite thing to do outside of Martial Arts: Soccer, I love soccer and athletic things.
What is your Martial Arts goal? To never quit and to get to 3rd degree black belt
How has Martial Arts helped you? I know how to defend myself and it helped me with soccer too.

Name: Sammy Ballata **Age:** 10 years old
TKD rank: Advanced Brown **Arnis rank:** Brown
How long have you been training at TMA: 6 years
Favorite Martial Arts move(s): Double side kick, flying reverse side kick
Favorite thing about Martial Arts: Form because I love it and learning new ones
Favorite thing to do outside of Martial Arts: Play Soccer with my friends.
What is your Martial Arts goal? To get to 4th degree black belt
How has Martial Arts helped you? By being a better person and learning how to defend myself.

October Instructor of the Month

Name: YDJN Mike Shappell **Age:** Adult
TKD rank: 1st Degree Black belt **Arnis rank:** Black belt
How long training: 7 years **How long teaching:** 6 years
What classes do you teach?
Monday & Wednesday 5:30 Youth ages 7-12 beginners, Monday & Wednesday 6:30 Youth & adult intermediate, Friday 7 PM, and Arnis seminars
Favorite martial arts move(s):
Most anything that jumps or flies (with one notable exception).
Favorite thing about martial arts?
In some ways it is similar to what I love about Europe. It is rich in history that goes back hundreds of years. While there are new(er) styles, virtually all of them are based on something very rich in tradition and history. It is amazing to know that I am learning an art that dates back centuries.
What is your favorite thing to do outside of martial arts:
Martial arts takes up a great deal of my free time, but I enjoy a nice kayaking trip on Lake Union, a bike ride around the area or just spending time with my family.
What are your martial arts goal(s)? To continue to learn.
How has martial arts helped you?
There are the obvious things like a more consistent exercise routine, but I think the thing that martial arts has provided me is an opportunity to teach, I love teaching and while I didn't end up going that route as a profession, I am given the opportunity to fulfill that desire here several times a week.
What is your favorite thing about teaching martial arts?
The people. The kids. The families. You all bring joy and enthusiasm to the floor and I find it a privilege to teach (and learn with) you!

November Instructor of the Month

Name: KBN Jon Cory **Age:** Adult
TKD rank: 3rd Degree Black belt **Arnis rank:** Guro (Teacher)
How long training: 21 years **How long teaching:** 18 years
What classes do you teach? Thursday Youth Black belt club and Arnis
Favorite martial arts move(s): Anything Arnis
Favorite thing about martial arts? Teaching
Favorite thing to do outside of martial arts? Going to Seahawks games
What are your martial arts goal(s)? Improve the overall quality of Arnis at TMA
How has martial arts helped you?
Among so many other things it improved my confidence and my confront level.
What is your favorite thing about teaching martial arts?
Helping students through difficulties.

NOTEWORTHY

Taekwondo Promotions

Advanced White: Susheel Cheeti, Joe Cormier, Sam Cormier, Jordan Crawford, Olivia Glover, Maggie Lipinsky, Christopher Riccio, Colin Vaughn

Yellow: Abel Fong, Levente Homorodi, Byron Jin, Sameer Mahan, Amogh Mantha, Isaac Pelfaur, Devyn Pong

Advanced Yellow: Nicholas Boyer, Akkshay Khoslaa, Vinicius Monteiro, Amrit Puri, Derek Schreiber, Sreeja Stanam, Rithvik Tirumala

Green: Mackenzie Case, Brayan Case, Nishesh Chakrapani, Travis Hickman, George Liu, Darren McGraw

Advanced Green: Fiona Chism, Kelly McMaster, Peter Moe-Lange, Holly Schwinn, Ashvin Sriram

Advanced Blue: Rebeca Kuttemplon, Declen Oberst, Sarah Raissipour

Brown: Christopher Morris

Advanced Brown: Alex Ballata, Sammy Ballata, Christopher Clark

Arnis Promotions

Green: Sam Boelitz, Annika Boelitz, Kelly McMaster, Pat Schreiber

Blue: Xavier Brown, Vikram Tirumalai, Manisha Tirumalai

Brown: Maizy Brewer, Levente Gulyas, Eniko Gulyas

Happy Birthday!

Charles Anderson, Anton Bezruchkin, Annika Boelitz, Levente Homorodi, Jeremy Kaelin, Vyshnav Kakivaya, David Kuhn, Scott Miller, Zacharia Mseitif, Jarrett Oseran, Robert Parker, Hana Shaik, Michael Short, Abhijeet Singh, Nicole Smelson, Kirsten Smith, Erica Smith, Mihir Vadlamani, Anh Vo, Benson Wheeler, Baylee Wolfe

Welcome New Students

Yogesh Banala, Parker Best, Thales Correa, Yan Correa, Cameron Fleming, Tanush Korde, Leticia Monteiro, Roshni Patel

Training Anniversaries

One Years: Kevin Do, Martin Vega, Shruti Karanth, Amogh Mantha, Chip Mauzy, George Liu

Three Years: Salama Mahmoud, Ali Mahmoud

Five Years: Niveda Ganesh

Six Years: Scott Miller

Seven Years: BJN Samantha Shappell, YDJN Christopher Shappell

Eight Years: YDJN Samantha Smith, YDJN Kirsten Smith

Twenty-One Years: KBN Jon Cory (Oct)

The Five Fighting Styles

Written by Sa Bum Nim Thomas Zoppi in 1996

The *Five Fighting Styles* as taught to me by Fred King and his instructor Al Dacascos, is an excellent overview of the different fighting styles. A description of the *Five Fighting Styles* follows, along with some advantages and disadvantages of each. I hope this information will help you become a better fighter.

The first fighting style is called the **Initiator**. This is a fighter who almost always starts the action with driving punches, reaching kicks or combinations. This fighter does not wait for the opponent to move, this fighter moves first. The Initiator style works well against inferior, smaller, or slower opponents. It also works well against opponents who are not quite ready for action and opponents who are tired or injured.

The main advantage of the Initiator style is the aggressiveness. Aggression can make the opponent doubtful, which in turn makes the Initiator confident. A confident, aggressive fighter is very difficult to defeat.

The biggest disadvantage of this style is that initiating the action can cause the Initiator to have openings. An opponent who is alert and not intimidated can defeat the Initiator with counter-attacks. The next biggest disadvantage of this style is that a patient fighter can wear out the Initiator through dodging and blocking.

The second style is **Counter-attacker**. Counter-attackers are subtle and crafty about when to return fire. They create an opening by out-smarting or out-maneuvering the opponent. The Counter-attacker might wait until the opponent's second, third, or fourth attack before striking back.

The advantage of being a good Counter-attacker is that you can frustrate your opponent into making mistakes. A good Counter-attacker is in control of the fight and can make the opponent look silly and inept.

The disadvantage of being a Counter-attacker is that you can spend too much time finding openings. If you give your opponent five opportunities to score for every one of yours, the odds are in the opponent's favor.

The third fighting style is the **Jammer**. This fighter attacks a split second after the opponent initiates an attack. The Jammer is not force shy. The Jammer is usually bigger in size and strength. The Jammer allows the opponents to either hit a non-vital area (like the shoulder or hip), or does a close in block just before their own attack. Jammers don't side step, back up, or look for an opening. They just wait and hit. If an Initiator fought a Jammer, the fight would go BLAM-BLAM! You might not know who hit first, but you would definitely know someone got hit.

The Jammer's advantage is letting the opponent move in close. This makes it easier to land a strike somewhere to the body. To be effective at this style, you must have very quick reactions, and as I stated before, you must be able to confront the power of your opponents attack.

The disadvantage of this style is that if you flinch or miss the block, you are in trouble. You've made no effort to move away from the oncoming attack. The Jammer can also be vulnerable to quick combinations.

The fourth fighting style is the **Runner**. This style actually falls into two categories; the fighter who wants nothing to do with fighting, and the fighter that understands their limitations and is working with them. The Runner is the opposite physical build of the Jammer. The Runner is usually smaller with a shorter reach and not as strong as their bigger opponents. The Runner has great quickness, stamina, and judgment of distance. They are good at angles and wise at knowing when to fight.

The advantage of the Runner style is that it is exhausting for the opponent, especially the Initiator. It is a frustrating style for the Jammers and the Counter-attackers because they never see an attack to counter off of. It can take them out of their normal styles by making them impatient.

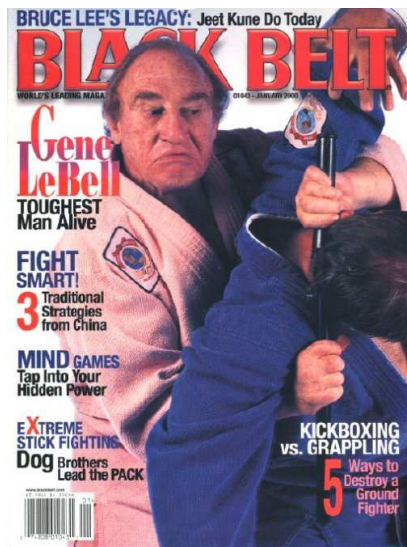
The disadvantage of being a Runner is that if they get cornered or tired, they can easily be overmatched.

The fifth fighting style was originally called an Elusive Runner. I prefer to call it **Combination Fighter**. This is actually not a different style, but a melding of all of the four other styles. A Combination Fighter doesn't only know the other four styles, but fully understands them and can instantaneously change from one to another in the heat of the battle. Changing from one style to another allows the Combination Fighter to quickly learn which style their opponents are not comfortable against.

The advantage of this style is that it keeps opponents off-balance and unable to predict what's coming next.

The biggest disadvantage of being a Combination Fighter is that you could think you are one, when you are really not. In other words, you don't fully understand all four of the other styles. Another weakness is overconfidence. Defeat can result from an opponent that only knows one style if they are superior over the Combination Fighter's ability to defend against that style.

So there you have the Five Fighting Styles. Which one is the best? In my opinion, becoming a capable Combination Fighter should be the ultimate goal of anyone that wants to excel at sparring.



Masters of Martial Arts: "Judo" Gene LeBell

From Wikipedia.com

Gene LeBell is a former American judo champion, instructor, stunt performer, stunt coordinator, and professional wrestler. LeBell has worked on over 350 films and TV shows, and has authored a number of books.

In 2000, he was promoted to 9th Dan in US Ju-Jitsu and US Taiho-Jutsu by the United States Ju-Jitsu Federation. In February 2005, he was promoted to 9th Dan in Traditional Kodokan Judo by the USJJF.

Competing in the heavyweight division at only 165 pounds, LeBell won the AAU National Judo Championships both in 1954 and 1955. In 1963, LeBell accepted a public challenge to fight boxer Milo Savage in Salt Lake City. Competing as a "judo/karate" fighter, LeBell defeated Savage - choking him unconscious in the 4th round. In June 1976, LeBell refereed the infamous boxing-versus-wrestling contest between Muhammad Ali and Antonio Inoki. Decades ago, LeBell was a close friend of Bruce Lee, with whom he shared various fighting techniques. Following his combat sports career, LeBell, along with his brother Mike, ran the National Wrestling Alliance's Los Angeles territory, NWA Hollywood Wrestling from 1968 to 1982.

LeBell is held in high regard by fans of combat sports, who affectionately refer to him as "*Judo*" Gene LeBell. He is also commonly known as "*the Godfather of Grappling*" and also as "*the toughest man alive*". He has taught grappling skills to many well-known wrestlers and martial artists, including "Rowdy" Roddy Piper, The Rock, Bruce Lee, Chuck Norris, Ken Shamrock, Benny "The Jet" Urquidez, and Ed Parker.

At present, he is associated with Gokor Chivichyan's Hayastan MMA Academy where he teaches MMA/grappling classes. Gene keeps himself busy doing interviews for magazines, newspapers, and radio as well as judging fights.

Tiger Club Essays

By Sarah Raissipour

"Practices on and off the training floor."

Mental Requirements are so important because it helps you understand what you need to do and how you need to act. Practices on and off the training floor is most important to me because if all you do is come to class, yes you are still working, but you are not as good as if you would have been practiced! Take at least something around 5 to 15 minutes a day to practice your Tae Kwon Do! That's what I am going to start doing!

Sarah is a 9-year-old blue belt who has been training for 7 years.

By Catie Raissipour

"Self-Motivated; works hard without being told to.."

This mental requirement is really necessary in not only Tae Kwon Do training, but also our lives. When we get older, past college, and are planning on starting our careers, we aren't going to have somebody continuously telling us to get our work done. We would get fired if we didn't work hard automatically. All in all, we need to motivate ourselves to take pride in what we do.

Catie is a Provisional Black Belt and an Assistant Instructor. She is 13 years old and has been at TMA for 9 years.

By Shruti Karanth

"Practice doesn't make perfect. Perfect practice makes perfect."

Whenever you practice anything, whether it is studying for a test or practicing your form it's always important to practice it correctly. If you practice it wrong it will become a habit and you will keep repeating that mistake. It will be very difficult to get rid of your habit.

No matter how many times you practice it, if you practice it the wrong way then you won't make it perfect but if you do practice it the right way then you will make it perfect.

Shruti is an advanced green belt. She is 11 years old and has been at TMA for 1 year.

By Amogh Karanth

"Sets short term and long term goals."

This mental requirement is very important because it can help you achieve things. For example, a short term goal would be your next rank. A long term goal would be to get black belt. If you set a goal you should be positive about it. If you think negative about your goal, you will not achieve it.

If you set a goal you should stick to it. If your goal is to be perfect attendance and your friend calls you and asks you if you want to have a play date during your taekwondo time, you shouldn't accept and you should ask if you could have it another time. The reason you should not accept and you should ask if you could have it another time. The reason you shouldn't accept the invitation is because you had a goal to get perfect attendance. If you do accept the invitation you would be breaking your own goal. If you want to achieve a goal you should believe that you can do it.

Amogh is in a green belt. He is 7 1/2 years old and has been at TMA for 1 year.